

Physical health is an important part of spiritual health.

The U.S. Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get the flu vaccine every year. The vaccine will not give you the flu. It only helps prevent the illness.

The flu is a serious illness that cannot be cured with antibiotics.

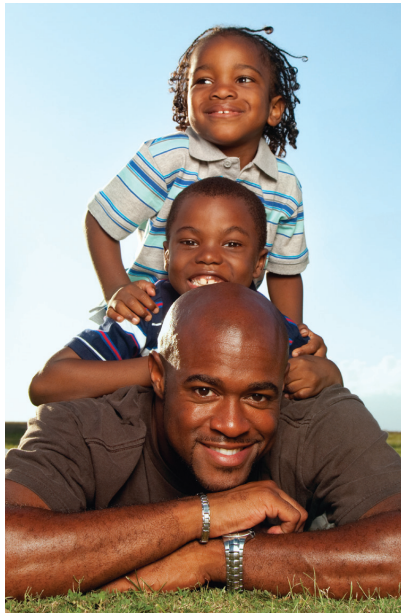
If you do not like needles, there may be another vaccination option for you. Check with your health care provider for more information.

protect *yourself.*
protect *your family.*
prevent the flu.

www.scdhec.gov/flu
800.868.0404

SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL
OFFICE OF MINORITY HEALTH

CR-010166 8/11



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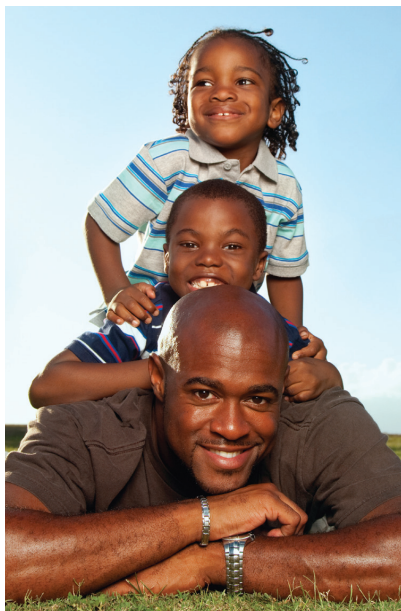
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